

liberal housewives who would provide as many as
 a clothes-
 basket full¹ The same custom of going out "a-
 souling³¹
 on All Saints' Day or All Souls' Day used to be
 observed
 in the neighbouring counties of Staffordshire,
 Cheshire,
 Lancashire, Herefordshire, and Monmouthshire.
 In Here-
 fordshire the soul-cakes were made of
 oatmeal, and he or
 she who received one of them was bound to
 say to the
 giver:

* God have your *saiil* ^
Becns and a!/. ""' 2

Thus the practice of "souling" appears to have
 prevailed
 especially in the English counties which border
 on Wales.
 In many parts of Wales itself down to the first
 half of the
 nineteenth century poor peasants used to go
 about begging
 for bread on All Souls' Day. The bread
 bestowed on them
 was called *bar a ran* or dole-bread. " This
 custom was a
 survival of the Middle Ages, when the poor
 begged bread
 for the souls of their departed relatives and
 friends." ³ How-
 ever, the custom was not confined to the west
 of England,
 for at Whitby in Yorkshire down to the early
 part of the
 nineteenth century it was usual to make "soul
 mass loaves" ⁿ
 on or about All Souls' Day. They were small
 round loaves,
 sold by bakers at a farthing apiece, chiefly for
 presents to
 children. In former times people used to keep
 one or two
 of them for good luck.⁴ In Aberdeenshire, also,
 "on All
 Souls' Day, baked cakes of a particular sort are
 given away
 to those who may chance to visit the house,
 where they are

¹ Miss C. S. Burne and Miss G. F.
Folk-lore and
 Jackson. *Shropshire' Folk-lore* (London,
 (London, 1909),

³ Marie Trevelynn,
Folk-stories of Wales

1883), p. 381. The writers record p. 255.
 See also T. F. Thiselton
 (pp. 382 *sgtj.*) some of the ditties Dyer, *British
 Popular Customs* (Lon-
 don, 1876), p.
 410, who, quoting
 those who hogged for soul-cakes. Pennant as his authority, says
 that the
 '•*J. Brand, *Popular Antiquities of* poor people who
 received soul-cakes
Great Britain ^ i. 392, 393 ; W. Hone, prayed God to bless
 the next crop of
Yearbook (London, N.D.), col. 1288; wheat.
 T. F. Thiselton Dyer, *British Popular
 Customs* (London, 1876), pp. 405,⁴ *County Folk-lore*,
 vol. ii. *North*
 406, 407, 409; J. Harland and T. *Kiding of*
Yorkshire, York, and the
 T. Wilkinson, *Lancashire Folk-lore Ainsty* (London, 1901),
 quoting George
 (London, 1882), p. 251; Elizabeth Young, *A History
 of Whitby and*
 Mary Wright, *Rustic Speech and Folk- Streoneshatth Abbey*
 (Whitby, 1817),
lore (Oxford, 1913), p. 300. ii. 882.